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THINGS TO DO AND FEAR ON VALENTINE'S DAY, ACCORDING TO OUR INBOX

These items were all pulled straight from Valentine's Day PR pitches sent to NBC News Digital editors. The commentary that follows is, of course, our own.

THINGS TO DO



**Franci Cohen Fitness via
Facebook
Franci demonstrates the proper
technique for burning calories
from heart-shaped cake.**

Gain love and not weight

Not just calorie counting here, but personal trainer, nutritionist and exercise physiologist, Franci Cohen will tell you how much exercise you need to do to burn off the Valentine's Day treats.

So painful looking, I plan to avoid Valentine's Day treats altogether. Wow, Franci, you're a lifesaver! [[Franci Cohen Fitness](#)]

